

# DEEPEN YOUR TRAUMA AWARENESS AND PRACTICE SKILLS TO OFFER TRAUMA-INFORMED CARE INCLUDED FOR FREE WITH YOUR MEMBERSHIP!



## WHAT CAN I EXPECT?

The Bucks-Mont Collaborative has been dedicated to increasing trauma awareness, education and trauma-informed care in Bucks & Montgomery Counties for almost a decade. In these interactive workshops, we will focus on understanding the impact of trauma on the individual, family, community, and systems in which we work/serve, and practice learned skills to offer trauma-informed care.

## WHO ARE THE FACILITATORS?

Trauma workshops are available through volunteer trainers, licensed through [Lakeside Global Institute](#). These individuals have completed Lakeside’s Enhancing Trauma Awareness course and the 25-hour Train the Trainer course to become licensed adjunct trainers. Thank you Kaela Dakes, Deborah Harris, Melissa Groden, Shushma Patel and Kimberly Ryan for facilitating these sessions!

## CEU ELIGIBLE WORKSHOPS - REGISTER NOW FOR ONE OR ALL!

<p><b><u>NOV 3, 2023</u></b>  <b><u>10:00AM - 12:00PM, ZOOM</u></b></p>	<p><b>TRAUMA 101: AN OVERVIEW OF TRAUMA-INFORMED CARE</b></p>
<p><b><u>DEC 1, 2023</u></b>  <b><u>9:30AM - 11:30AM, ZOOM</u></b></p>	<p><b>TRAUMA 102: BASIC SKILLS OF TRAUMA-INFORMED CARE</b></p>
<p><b><u>MAR 27, 2024</u></b>  <b><u>2:00PM - 4:00PM, ZOOM</u></b></p>	<p><b>TRAUMA 103: RECOGNIZING VICARIOUS &amp; SECONDARY TRAUMA FOR CAREGIVERS</b></p>
<p><b><u>MAY 21, 2024</u></b>  <b><u>9:00AM - 1:00PM, ZOOM</u></b></p>	<p><b>TRAUMA 107: TRAUMA-INFORMED CULTURAL SENSITIVITY</b></p>
<p><b>JUN 10, 2024</b>  <b>8:30AM - 12:30PM, TBD</b></p>	<p><b>TRAUMA 108: TRAUMA AND RACISM</b></p>

These sessions are open to all Bucks-Mont Collaborative members. If you are not a current member, please contact [Payal Mohan](#).



**ALL WORKSHOPS ARE CEU ELIGIBLE. SEE BELOW FOR DETAILS:**

**TRAUMA 101: AN OVERVIEW OF TRAUMA-INFORMED CARE**  
**NOVEMBER 3, 2023, 10:00AM-12:00PM, ZOOM**

Research indicates that two-thirds of the population has experienced at least one trauma-based adversity. These experiences are correlated with toxic stress and can lead to other problems and illnesses. In this interactive workshop, attendees will explore the complex nature of trauma and its aftermath, while deepening their knowledge of providing trauma-informed care.

**TRAUMA 102: BASIC SKILLS OF TRAUMA-INFORMED CARE**  
**DECEMBER 1, 2023, 9:30AM-11:30AM, ZOOM**

Attendees will build upon their learnings from Trauma 101 and will focus on developing specific skills to enhance their ability to interact in emotionally sensitive ways with people impacted by trauma. We will focus on ways to prevent, avoid, and respond to trauma, and will have opportunities to implement and practice these skills.

**TRAUMA 103: RECOGNIZING VICARIOUS & SECONDARY TRAUMA FOR CAREGIVERS**  
**MARCH 27, 2024, 2:00PM-4:00PM, ZOOM**

The emotional and physical cost of being an engaged and empathetic caregiver can be an occupational hazard. Considering the potential impact of vicarious and secondary trauma, compassion fatigue, and burn-out, caregivers will be provided with critical steps in the identifying signs and symptoms of each. Additionally, we will build on practical skills and commitment to self-care in this interactive workshop.

**TRAUMA 107: TRAUMA-INFORMED CULTURAL SENSITIVITY**  
**MAY 21, 2024, 9:00AM-1:00PM, ZOOM**

We will focus on enhancing cultural competence and building cultural humility to improve the standard of care for traumatized children, families, and communities. Attendees will learn more about the forces that affect emotional health in individuals and systems, and will explore ways to apply these learnings to better address the needs of those who have experienced trauma.

**TRAUMA 108: TRAUMA AND RACISM**  
**JUNE 10, 2024, 8:30AM-12:30PM, TBD**  
**PREREQUISITE- TRAUMA 107: TRAUMA-INFORMED CULTURAL SENSITIVITY**

This training will address racism and will focus on integrating trauma principles to discuss the profound impact of racism while offering suggestions regarding our shared responsibility to promote racial equity. We will engage in individual reflection and constructive dialogue to develop tangible actions that can be taken on an individual and community level to shift the conversation around race.

